



August to
September
2002

Published by the
Town of Fountain Hills
Parks & Recreation

Fountain Hills General Plan

Frequently Asked Questions

What is a General Plan? It is a document that represents a community vision portaying existing conditions and identifying goals. Additionally, it establishes guidelines for policy decisions and staisfies Arizona State mandated requirements.

Why does Fountain Hill; have a General Plan? The General Plan 2002 enables the community to participate in shaping the character of the community, gives direction to policy makers, and is mandated by Arizona State law.

What is the General Plan 2002 update? The General Plan 2002 update includes additions to, and revisions of, the original Town of Fountain Hills General Plan that was adopted May 6, 1993, as mandated by State law.

May I see and review the General Plan 2002? YES! Copies of the General Plan 2002 are available for your review at the public library, and at the Town's Community Development Department and Administration Offices.

The Town Council approved of the General Plan 2002 at its June 20th meeting. This was the last step needed to take the updated General Plan 2002 to the citizens for ratification. Remember--please VOTE on September 10th!



McDowell Mountain Celebration

This year's celebration will be on Sunday, October 13, 2002, when the McDowell Mountain Preservation Commission will host an Open House at the Community Center from 1:00 p.m. to 4:00 p.m. This is our one day celebration, however, you can enjoy the mountains all year long. Currently, our program includes:

- The Great Arizona Puppet Theater will join us again this year presenting "Desert Days and Nights". This program is for people of all ages.
- The Southwest Wildlife team will also be on hand with its live animal show.
- You will have the opportunity to help us pick this year's winner of the Photo Contest by voting for your favorite photograph.
- McDowell Mountain Regional Park will have a Park Ranger at the event to discuss fall programs offered by the Park.
- View maps and a mountain model to enhance your understanding of the location and future goals for walking trails in the Preserve.
- See drawings that describe the plan for a central trailhead.
- Sign up to become a Trail Steward or help to build the trailheads.
- Sign up for weekend hikes into the Preserves (Scottsdale Sonoran Preserve and Fountain Hills McDowell Mountain Preserve).



Commissioner Jakubs explaining the Preserve to residents

Continued on page 7...

In this issue

Parks and Rec. Programs	Pages 2-5
Community Information	Pages 6-7
Program Registration Form	Page 7
Senior Activity Center	Page 8

Arts & Crafts Classes and Youth Interests

Scrapbooking Basics

Come and learn the fundamentals of Scrapbooking: organizing, cropping, layout, mounting, journaling, and more. You will receive instructional information regarding photo preservation and also learn four easy steps to turn boxes of photos and memorabilia into safe, meaningful, and creative keepsake albums.

Where: Community Center,
Art Room #2
Dates: Wed., Sept. 4th
Times: 7:00 p.m. - 9:00 p.m.
Course: #1572
Fee: \$10 per participant
Instructor: Kirsten Bonnin
Contact: Brent Bitterman,
816-5142

Non-Stop Scrapbooking Workshop

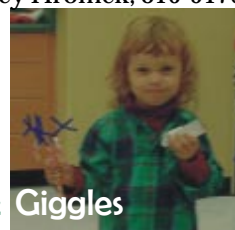
Don't put off those album projects any longer. Get away for a day of uninterrupted scrapbooking time. We will provide the space, tools, ideas, and expertise so you can wrap up your unfinished projects. Bring your albums, photos, and scrapbooking supplies for a productive and fun-filled day.

Where: Community Center
Art Room #2
Dates: Sat., September 21st
Times: 9:00 a.m. - 1:00 p.m.
Course: #1573
Fee: \$25 per participant
Instructor: Kirsten Bonnin
Contact: Brent Bitterman,
816-5142

Tiny Tot Toddler Fun

Kids ages 2 - 6 are invited to be a part of this arts and crafts program taking place at the Community Center. Parents are encouraged to participate along with their child. Register early to secure your spot.

Where: Community Center,
Classroom #1
Dates: Sat., August 10th
Course: #1556
Dates: Sat., September 21st
Course: #1557
Times: 9:00 a.m. - 10:30 a.m.
Ages: 2 - 6 years old
Fees: \$10 per participant
Contact: Corey Hromek, 816-5170



Wiggles & Giggles

Your little ones will wiggle and giggle all the way home after making tons of fun arts & crafts projects. Activities included in this four week class will be story time, games, songs, and arts & crafts activities. A parent must be present for each class.

Where: Community Center,
Art Room #2
Date: Sat., Aug. 31st and Sept. 7th
Time: 9:00 a.m. - 11:00 a.m.
Course: #1574
Ages: 3 to 6 years old
Fees: \$20 per participant
Instructor: Beth Baltrusch
Contact: Brent Bitterman, 816-5142

Watercolor I

In this basic watercolor class you will learn to prepare paper, brush strokes, design, composition, and more. You will benefit from instructor critiques and demonstrations showing various techniques and styles of painting with watercolors.

Where: Community Center
Art Room #1
Dates: Thur., Sept. 5th - Oct. 10th
Times: 10:00 a.m. - 12:00 p.m.
Course: #1571
Fee: \$32 per participant
Instructor: Joan Campbell
Contact: Brent Bitterman, 816-5142

Mayor's Youth Council

Be a part of the most active group in Town. The MYC meets with its advisor twice a month to help students become active members of the community by participating in community service projects, attending youth forums, and helping to plan the Youth Town Hall. Participants receive recognition for their contributions to the group or to the group with which they have worked. This group is open to high school students only. Becoming a member is easy and free.

Where: FH High School Lecture Hall
Date: Twice per month, Aug. - May
Time: 2:30 p.m. - 3:30 p.m.
Course: #1515
Ages: 9th - 12th grade
Fee: Free
Contact: Corey Hromek 816-5170



New! Oil Pastel I

Oil pastels offer the same glittering and textural surface effects as oil paints, but much faster layering with less expensive supplies. Students will progress from the simplest monochromatic composition to complimentary drawings working from stilllife and picture references.

Where: Community Center
Art Room #1
Dates: Thur., Sept. 10th - Oct. 15th
Times: 10:00 a.m. - 12:00 p.m.
Course: #1590
Fee: \$32 per participant
Instructor: Justine Mantor
Contact: Brent Bitterman, 816-5142

Special Interests and AZ Excursions

Roar N' Snore

Join the crowd of onlookers this fall as we take our annual trip to the Phoenix Zoo. Parents are welcome to participate with their child during this overnight experience that provides a rare opportunity to see the animals in action after dark. A pizza dinner plus breakfast the next morning are also part of the adventure.

Where: Phoenix Zoo
Date: Friday, September 27th
Time: 5:30 p.m. - 10:00 a.m.
Course: #1550
Ages: 7 - 17 and parents
Fee: \$40 per child, \$45 per adult
Contact: Corey Hromek 816-5170

Turnaround Trip

Join the Parks and Recreation crew once again for a trip to California as we visit Six Flag's Magic Mountain. Register early for the last big event of the summer. The trip will start and end at the Community Center.

Where: Magic Mountain
Date: Thur., Aug. 8th- Sat., Aug. 10th
Time: Thur., 10:00 p.m.-Sat., 5:30 a.m.
Course: #1487
Ages: Students entering 6th - 12th grade
Fee: \$100 per participant
Contact: Michael Dutcher, 816-5173



D-Backs In Action!

We have planned another trip to see your World Champion Arizona Diamondbacks take on the LA Dodgers. Bring a friend and join the group as we travel in style in our D-Backs Fan Bus.

Where: Leaving Town Hall, north parking lot 3:30 p.m., and returning at 9:00 p.m.
Date: Monday, September 2nd
Course: #1558
Fee: \$30 per participant
Contact: Brent Bitterman, 816-5142

Friday Bridge

Come play the exciting game of bridge every Friday. Players do not need a partner to participate.

Where: Community Center
Classrooms 1 & 2
Date: Fridays weekly
Time: 10:00 a.m. - 1:00 p.m.
Fee: \$1 per participant
Contact: Evelyn Breting, 816-5200

Financial & Estate Planning

Learn all you can about wills and trusts, asset protection and transfer, necessary and unnecessary insurances, suitable investing, and avoiding estate taxes.

Where: Community Center
Seminar Room #2
Dates: Tue., September 10th
Course: #1575
Tue., September 17th
Course: #1576
Tue., September 24th
Course: #1577
Time: 6:00 p.m. - 7:30 p.m.
Fee: \$5 per family
Instructors: Geoffrey W. White, CFS
Ronald S. Matheny, JD
Contact: Brent Bitterman, 816-5142

New! Personal Computers 101

Have you been wanting to surf the Internet, but think Compac's are types of cars? Then, this workshop for you. You will learn what is needed in a computer to help you become an informed consumer. Join us as we try to answer all of your PC buying questions.

Where: Community Center
Classrooms #1 & #2
Date: Sat., September 21st
Time: 8:00 a.m. - 10:00 a.m.
Course: #1586
Fee: \$20 per participant
Contact: Brent Bitterman, 816-5142

Digital Camera Consumer Workshop

Lost in the digital revolution? Don't let technology get you down. We can help you learn about what is needed in a digital camera, and you will be able to play with various camera brands.

Where: Community Center
Classrooms #1 & #2
Date: Sat., September 7th
Time: 8:00 a.m. - 10:00 a.m.
Course: #1585
Fee: \$20 per participant
Contact: Brent Bitterman, 816-5142



New! Feng Shui

Feng Shui is an ancient Chinese system of balance the chi (life energy) that influences our life. Its purpose is to help individuals create a living or working environment that supports health, prosperity, family, and relationships. The Introductory Course #1 teaches different approaches and basic concepts that form the foundation of Feng Shui. The Introductory Course #2 adds to concepts previously learned.

Where: Community Center
Classroom #2
Time: 7:00 p.m. - 8:00 p.m.
Fee: \$32 per participant
Instructor: Dick Wilson
Contact: Brent Bitterman, 816-5142

Class: Feng Shui 1
Dates: Mon., Sept. 23rd - Oct 21st
No class October 14th
Course: #1578

Prerequisite is Introduction to Feng Shui 1
Class: Feng Shui 2
Dates: Mon., Oct. 28th - Nov. 25th
No class November 11th
Course: #1579

Dance and Fitness Classes

YOGA Workshop

Attending this 'Chakra Workshop' will give you specific tools to use to release stress, and learn about the body's energy system and how to balance it. Open the door to previously untapped potential.

Where: Inner Peace Yoga
Date: September 14th
Time: 1:00 p.m. - 5:00 p.m.
Course: #1581
Fee: \$45 per participant
Instructor: Jane Yelland
Contact: Brent Bitterman, 816-5142

T'ai Chi Chih

This is a powerful healing art involving slow and easy movements. Benefits include reduced stress, increased energy, balance, and much more. This quiet meditation is suitable for all ages, as well as those with special health problems. Dress comfortably.

Where: Community Center Ballroom #4
Date: Mon., Sept. 9th - Oct. 14th
Class: Beginners, Course #1566
9:00 a.m. - 10:00 a.m.
Class: Intermediate, Course #1567
10:15 a.m. - 11:15 a.m.
Fee: \$32 per participant
Contact: Brent Bitterman, 816-5142



Youth Dance Classes

Do your kids like to dance? Hurry and sign them up for one or more of our popular dance classes. Choose from Lyrical/Ballet, Jazz, or Hip Hop. Learn the basic techniques and perform for family and friends after the six week session.

Where: FH High School Dance Room
Date: Sat., Sept. 7th - Oct. 12th
Class: Hip Hop (1st - 4th grade)
Course: #1560, 10:00 a.m.-11:00 a.m.
Class: Hip Hop (5th grade and up)
Course: #1563, 1:00 p.m.-2:00 p.m.
Class: Lyrical/Ballet (3rd grade and up)
Course: #1561, 10:00 a.m.-11:00 a.m.
Class: Jazz (3rd grade and up)
Course: #1562, 12:00 p.m.-1:00 p.m.
Fee: \$45 per participant
Instructor: Lindsey Greer
Contact: Brent Bitterman, 816-5142

YOGA for Your Back

Do you have back pain and have tried everything to heal it? In this class, Jane teaches appropriate special exercises and tips using simple yoga postures to improve your condition.

Where: Inner Peace Yoga
Date: September 3rd - 24th
Time: Tue., 7:15 p.m. - 8:15 p.m.
Course: #1580
Fee: \$36 per participant
Instructor: Jane Yelland
Contact: Brent Bitterman, 816-5142

T'ai Chi Chuan

Many studies show Tai Chi has a profound impact on our health. Tai Chi promotes general fitness and harmony between our body, mind, and spirit. It is easy to learn, easy to practice, and very low impact. Dress comfortably.

Where: Community Center Classroom #4
Date: Wed., Sept. 11th - Oct. 16th
Time: 7:00 p.m. - 8:00 p.m.
Course: #1568
Fee: \$32 per participant
Instructor: Dick Wilson
Contact: Brent Bitterman, 816-5142

New! Ballroom Dancing

Move like Fred Astaire or Ginger Rogers, or just join in the fun. In this course you will learn the Social Foxtrot, Rumba/Cha Cha, and the Jive.

Where: Fountain Bowl Starlight Room
Date: Thurs., Sept. 12th - Nov. 7th
No class on October 31st
Time: 7:00 p.m. - 8:00 p.m.
Course: #1582
Fee: \$40 per ind., \$65 per couple
Instructor: Al & Noreen Kurdzialek
Contact: Brent Bitterman, 816-5142

YOGA

Enjoy this very relaxing exercise class and become both physically and mentally fit. Experience the mood music and deep meditation. Please bring water, a mat, and wear comfortable, stretch-clothing. For best results, do not eat for two hours before class.

Where: Inner Peace Yoga
Date: Week of Sept. 2nd - 28th
Class: Beginners, Course #1564
Sat., 9:00 a.m. - 10:30 a.m.
Class: Beginners, Course #1565
Wed., 8:00 a.m. - 9:00 a.m.
Fee: \$36 per participant
Instructor: Inner Peace Instructor
Contact: Brent Bitterman, 816-5142

New! Let's Boogie!

Ladies grab your men and start dancing the night away. Here is your chance to learn to Swing or Waltz. Same great class...same great instructors, just half the time.

Where: Fountain Bowl Starlight Room
Date: Tue., Sept. 10th - Oct. 1st
No class on October 31st
Class: Swing, 7:00 p.m. - 8:00 p.m.
Course: #1583
Class: Waltz, 8:00 p.m. - 9:00 p.m.
Course: #1584
Fee: \$20 per ind., \$35 per couple
Instructor: Al & Noreen Kurdzialek
Contact: Brent Bitterman, 816-5142

Call Parks and Recreation for information on these classes:

Hiking Series - 2nd Sat. of month.
Dog Obedience - Sat. 8/31 - 10/5.
(Brent Bitterman, 816-5142).

Late Night - Scheduled for September (Corey Hromek, 816-5170).

Karate Kids - For start dates and fees (Milo Bonnin, 816-5132).

Exercise and Sport Classes

Cardio Kickboxing

This is the best workout in Town. You can burn up to 800 calories per hour as you tone and strengthen your entire body. Cardio Kickboxing is a fun and exciting way to learn basic self-defense, as well as getting slim and trim. Don't miss this class, and tell all of your friends.

Where: **Community Center,**
Classroom #1 and #2
Date: Mon. and Wed.
Aug. 19th - Sept. 16th
No class September 2nd
Time: 7:30 a.m. - 8:30 a.m.
Course: #1569
Fee: \$36 per participant
Instructor: Lindsey Greer
Contact: Brent Bitterman, 816-5142

Where: **FH High School Dance Room**
Date: Tue. and Sat.
Aug. 20th - Sept. 14th
Time: Tue., 6:30 p.m. - 7:30 p.m.
Sat., 7:30 a.m. - 8:30 a.m.
Course: #1587
Fee: \$36 per participant
Instructor: DuVonne Preisler
Contact: Brent Bitterman, 816-5142

Senior Softball Fall League

The morning leagues begin again on September 25th. Get your team together now because space is limited. Softballs are provided.

Where: Golden Eagle Park
Date: Deadline September 13th
Time: 65+ Wednesdays, 8:00 a.m.
Course: #1553
50+ Thursdays, 8:00 a.m.
Course: #1554
Fee: \$100 per team
Contact: Milo Bonnin, 816-5132

Men's Softball Fall League

The Men's League begins again in September. Get your team together now because space is limited. Softballs and umpires are provided. First and second place receive shirts after the single-elimination tournament.

Where: Golden Eagle Park
Date: Deadline September 13th
Time: Tue., 6:30 p.m. - 10:30 p.m.
Course: #1504
Fee: \$370 per team
Contact: Milo Bonnin, 816-5132

ABS 101

Have you always wanted that six-pack tummy, well now is your chance. Please join us and start working to your fitness goals. Dress comfortably and bring a towel or mat.

Where: Community Center,
Classroom #1 and #2
Date: Mon. and Wed.
Aug. 19th - Sept. 16th
No class September 2nd
Time: 8:30 a.m. - 9:00 a.m.
Course: #1570
Fee: \$18 per participant
Instructor: Lindsey Greer
Contact: Brent Bitterman, 816-5142

Kiddie Rhythmics

Come explore movement and dance this fall with this program for pre-school children. Participants will learn simple dance moves, play games, and discover new songs. Children will also enjoy a snack with their new friends at the end of each hour.

Where: Community Center,
Ballroom #4
Date: Mondays, Sept. 9th - Sept. 30th
Class: Age 2 - 3, 3:00 p.m. - 4:00 p.m.
Course: #1555
Class: Age 4 - 6, 4:00 p.m. - 5:00 p.m.
Course: #1559
Fee: \$25 per participant
Contact: Corey Hromek, 816-5170

3-on 3 Basketball

Men's half court basketball is back again. Get the team together and hit the court. Registration deadline is September 27th.

Where: Golden Eagle Park
Date: October 10th
Time: Thur., 7:00 p.m. - 9:00 p.m.
Course: #1554
Fee: \$100 per team
Contact: Milo Bonnin, 816-5132

New! Tennis Lessons

Class days and times have changed. Tom Lepisto and his staff will again teach but with new days and times to reduce conflicts. All lessons are now Mondays or Wednesdays at Golden Eagle Park. Junior and Adult lessons are available in six week sessions.

Where: Golden Eagle Park
Date: Session I-Sept. 9th - Oct. 16th
Session II - Oct. 28th - Dec. 4th
Class: Jr. High/High School (age 13-18)
Mon. & Wed., 4:00 - 5:00 p.m.
Course: #1535
Class: Age 6 - 9
Mon. & Wed., 5:00 - 6:00 p.m.
Course: #1536
Class: Age 10 - 12
Mon. & Wed., 6:00 - 7:00 p.m.
Course: #1537
Class: Pee Wee (age 3 - 5)
Wed., 5:30 - 6:00 p.m.
Course #1538
Class: Adult Beginning
Mon. 7:00 - 8:00 p.m.
Course: #1531
Class: Adult Intermediate
Wed., 7:00 - 8:00 p.m.
Course #1533
Fee: Youth - \$65 and Adult - \$55
Instructor: Tom Lepisto, 816-6699
Contact: Milo Bonnin, 816-5132

Gymnastics

Lessons will be offered again at Four Peaks Elementary School beginning in August.

Where: Four Peaks Elementary School
Date: Aug. 20th - Oct. 10th
Tuesdays and Thursdays
Class: Beginning, 3:15 - 4:15 p.m.
Course: #1544
Class: Intermediate, 4:15 - 5:15 p.m.
Course: #1545
Ages: Boys & Girls ages 5 - 12
Fee: \$65 per participant
Contact: Milo Bonnin, 816-5132

Fountain Hills Library

August and September in the library offer many wonderful programs and opportunities. For more information on any of these, call Sandra Dunkin at 837-9793, ext. 211.

Knitting with Sandy Sawyer for kids and adults too – August 24th and September 28th. Bring your own supplies or use ours. New and experienced knitters welcome.

Writers' Workshop with William Dudley & fellow writers – August 16th and September 20th. Unstructured, sharing opportunity. Bring sample of your work.

Once Upon a Monday – stories, activities, crafts for toddlers & pre-schoolers. No registration required. Meet in the Library Conference Room from 10:00 a.m. to 11:00 a.m..

Computer Classes – Wednesdays - 1:30 p.m. to 2:30 p.m. and Thursdays - 7:00 p.m. to 8 p.m. Registration is REQUIRED. Registration begins two weeks before classes begin.

Local Web Resources – August 7th and 8th. Great Web Sites – August 14th and 15th.

Intro to Email - Part 1: August 21st & 22nd. Part 2: August 28th & 29th.

Intro to Microsoft Publisher – September 4th and 5th. Make your own greeting cards!

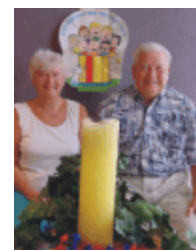
Library Resources Online – September 11th and 12th.

Web Searching – September 18th and 19th.

Microsoft Word – September 25th and 26th.

Community Center Birthday Bash

Join the Staff at the Community Center for the First Birthday Bash that will be held on Sunday, September 29th from 2:00 p.m. to 4:00 p.m. Cake, ice cream, and entertainment will be provided.



Join Dan and Jean Foster, Community Center Volunteers, for the Center's First Birthday Bash.

Hot Environments

We live in a 'hot environment' and heat-induced disorders need to be understood and taken seriously. What should we know – and what should we do?

Heat Stroke—most serious, as death can occur without treatment.

Symptoms? Hot skin, dry, red, or spotted; body temperature is 105F+, mental confusion, delirium, or unconsciousness.

What to do? Call "911", get to a cool place, soak clothing in water, fan body.

Heat Exhaustion—next most serious.

Symptoms? Sweating, weakness, fatigue, giddiness, nausea, headaches, clammy & moist skin, pale or flushed complexion, and elevated body temperature.

What to do? Call "911", rest in cool place, drink LOTS of fluids.

Heat Cramps—least serious but painful.

Symptoms? Painful spasms of muscles in arms, legs, or abdomen.

What to do? Take salted liquids by mouth.

"Help Us, Help You"

Auto theft is a major problem, and Arizona is the number one state for vehicle theft per capita. Any of these models – Chevrolet full size C/K pickup, Honda Accord, Honda Civic, Olds Cutlass Supreme, Ford F-150 pickup, Dodge Ram pickup, Jeep Cherokee or Grand Cherokee, Saturn SI, GMC full size C/K pickup, or a Dodge Neon – are major targets in this area.

How can you help yourself – and help us to help you? The National Insurance Crime Bureau recommends "Layered Protection". The more layers on your vehicle, the more difficult it is to steal.

- #1: Use common sense – take the keys out; close all windows; cover items left in the car; park in well-lit area; and lock the vehicle.
- #2: Have a warning device – either visible or audible.
- #3: Have an immobilizing device – either passive (armed by removing the key) or active (lock on steering wheel or other component).
- #4: Purchase a tracking device – emits a signal to police or monitoring station.

Remove opportunity. Protect yourself. Prevent crime. Please call the Marshals Department at 837-8800 for questions concerning auto theft.

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McDowell Mountain Celebration

In conjunction with McDowell Mountain Month, the McDowell Mountain Preservation Commission (MMPC) is sponsoring a photo contest. The theme will be the Sonoran Desert and the mountains surrounding Fountain Hills. If you have not been inspired this Spring and Summer to take many photographs of the desert, we suggest that you go through your photos from prior years and select your best photo for the contest.



*Four Peaks Perfection
by Donna Rae Brantner*

The photos will be on display at the Commission's October 13th Open House to be held at the Community Center. Two photos may be submitted by each person.

Please submit your photographs (unmounted) to Karen Holloway, c/o MMPC, Town of Fountain Hills, 16836 East Palisades, Building A, Fountain Hills, AZ 85268. The deadline for the contest is October 1, 2002.

Photographs will not be returned. The Commission may request to use them in future publications.

Contest Rules

1. The photo must not have been submitted in prior years.
2. The photo must be an original—one you have taken yourself.
3. It should be no smaller than 4" x 6" and no larger than 9" x 12".
4. Please write your name, address and location of the photo subject on the back of the picture.
5. No more than two photos may be submitted.



Fountain Hills Parks and Recreation Program Registration & Release of Liability

Please PRINT

1 Main Contact _____

Address _____ City, State, Zip _____

Home Phone _____ Alt. Phone _____ Emerg. Phone _____

Participant's Name	Birth Date	Sex	Grade	T-shirt Size	Program Title	Course Number	Fee
Please make checks payable to: The Town of Fountain Hills						TOTAL	

Signature of Participant (or parent/guardian if under 18) _____ Date _____

By signing above I understand that no medical insurance is provided for Town of Fountain Hills activities and agree to assume the risk for any injury related to my participation or the participation of my dependents. I agree to make no claims against the Town of Fountain Hills or any of its officers, employees, or volunteers for any injury or incident arising from this activity, however caused, including liability for negligence. I am physically able (or my dependent is physically able) to participate in this activity. I consent to any medical treatment my dependent needs while involved in this activity and I agree to pay for it. I realize that the Town of Fountain Hills is not responsible for lost or stolen articles.

Mail to: Parks and Recreation Department, ATTN: Program Registration
P.O. Box 17958, Fountain Hills, AZ 85269
OR Deliver to: Town Hall, 16836 E. Palisades Blvd., Building A

For Office Use Only	
Date Received	_____
Check #	_____
Cash	_____ Staff _____

IF YOU REQUIRE SPECIAL ACCOMMODATIONS, PLEASE CALL 480-816-5152 (VOICE) OR 1-800-367-8939 (TTD)

The Senior Activity Center of Fountain Hills is open Mondays, 12:00 p.m. to 4:00 p.m. and Tuesdays through Fridays, 9:00 a.m. to 4:00 p.m. The Center is located at 16836 E. Palisades, Building C, north entrance. Cost: participation fee of \$10.00 on a calendar-year basis.

Fitness Classes

Schedule for fitness classes varies. \$20 punch cards are available for payment.

Aerobics-Low Impact: Sept. 3rd, Tue. & Thurs. 9:00 a.m. Fee is \$2.00 per session.

Strength Training: Sept. 3rd, Tue. & Thurs. 9:00 a.m. Fee is \$2.00 per session.

Peer-Led Exercise Using Video Tapes: August, Tue. & Thurs. 9:10 a.m. - 10:10a.m. - Free.

Line Dancing Class

Beginning and Intermediate class is Thur., 10:30-11:30 a.m. Advanced class is Mon., 7:00 - 9:00 p.m.

Bridge

Contract bridge players meet Wed. 9:30a.m.-12:30 p.m.

Cards and Poker

Card players meet Fri., 9:00 a.m.- noon. Chess, Checkers, picture puzzles, and board games also available.

Bingo

This fun group meets Mon., 1:00-3:00 p.m. Twelve games with monetary prizes: \$3.00 for 3 cards.

Art Activities

Projects workshops: Bring whatever media project on which you are currently working, except oils. There is no charge or instruction. Meets Wed., 1:00 - 3:00 p.m. No charge or instruction.

Computer Classes

Registration dates: Aug. 15th, 9:30 a.m. to 1:00 p.m. for classes starting on Sept. 9th and Sept. 19th, 9:30 a.m. to 1:00 p.m. for classes starting Oct. 7th. Based upon class registration, the following courses may be offered:

Computer Fundamentals 9:30 a.m. - 11:30 a.m. This four day class is offered Mon./Thurs. and/or Tues./Fri.

Introduction to Computers 1:00 p.m.-3:00 p.m. This eight day class is offered Mon./Thurs. and/or Tue./Fri.

Introduction to Graphics This eight day class. Dates and times TBA.

SeniorNet Lab

This is open to any and all SeniorNet members on Wed. from 9:30 a.m.-11:30 a.m.

Fishing Club

Selected Thursdays trips in Senior Services van to cool mountain lakes. Call for schedule and reservations.

Wood Carvers Carve Along

Join the Friday Carve Along from 1:00-3:00 p.m. Call 816-5888 for information.

Men's Group

Call 816-5888 for the schedule of activities and discussions.

Women's Group

Table Talk: Thur. 1:00-3:00 p.m. for lively discussion.

Sixty & Single: Meets second and fourth Wed., 1:30 - 3:30 p.m. to plan group activities.

Day Trips

Day trips being planned for shopping and cool country adventures. Call 816-5888 for information.

Baseball at BOB

Diamondbacks game - Tue., Sept. 10th. Only 100 tickets available. \$25 per person. Pay and sign up at the Center. \$20 for SAC members.



Financial Seminars

Please call 816-5888 for details and seating.

The Last Paycheck

Sept. 17th at 10:30 a.m. with Maureen Featherston.

Caregiver Support Group

Call 816-5888 for the summer schedule. Facilitator is Donna Hepperman, M.S.W. of the Generations Program.

Services

Call the Senior Activity Center at 816-5888 for information on the following services:

~Benefits counseling by appointment for Medicare or Social Security.

~Medical equipment loan program.

~Home delivered meals.

Call Marti at the Center at extension 4.

How to Contact Us

Town Hall: 837-2003
Parks & Recreation: 816-5152
Marshals Department: 837-8800
Sheriff's Department: 837-2047
Fountain Hills Fire Dept.: 837-9820
Public Library: 837-9793
Community Center: 816-5200
Senior Activity Center: 816-5888
Fountain Hills School Dist.: 837-0693



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